

ABSTRACT

A fitness, exercise and therapy device which provides for the fitness, exercise and therapy of the abdominal areas, back, and other parts of the body, comprising of armrests (3a, 3b, 3c, 3d), handgrips (4a, 4b, 4c, 4d, 4e, 4f), a means for supporting the device. The device can be freestanding, or the device can be attached to an existing wall or other structure (either directly or indirectly), or the device can be supported from either above or below (ie. can be freestanding or non-freestanding), additionally, the device is available in either one-piece construction, two-piece construction, or, multi-piece/mult-part construction. Further the device is relatively lightweight, easily movable, can be used in a variety of environments (ie. can be used at home, at the office, inside or outside, etc.). An individual approaches the device, places their arms atop the armrests, grasps the handgrips, and proceeds to either suspend their body above the ground, or, utilize the ground to assist them in their activities. While the individual's body is supported by the device (with or without the use of the ground), the individual proceeds to conduct the desired exercise, fitness and/or therapy activity. Further, several versions of the device are adjustable, to accommodate various size users. The use of a backrest is optional; also the use of cushioning/padding is optional.

(also see attached additional information, including Supplemental Information for Provisional Patent Application)

JS 1/6/04

44/44
JS 1/7/03